

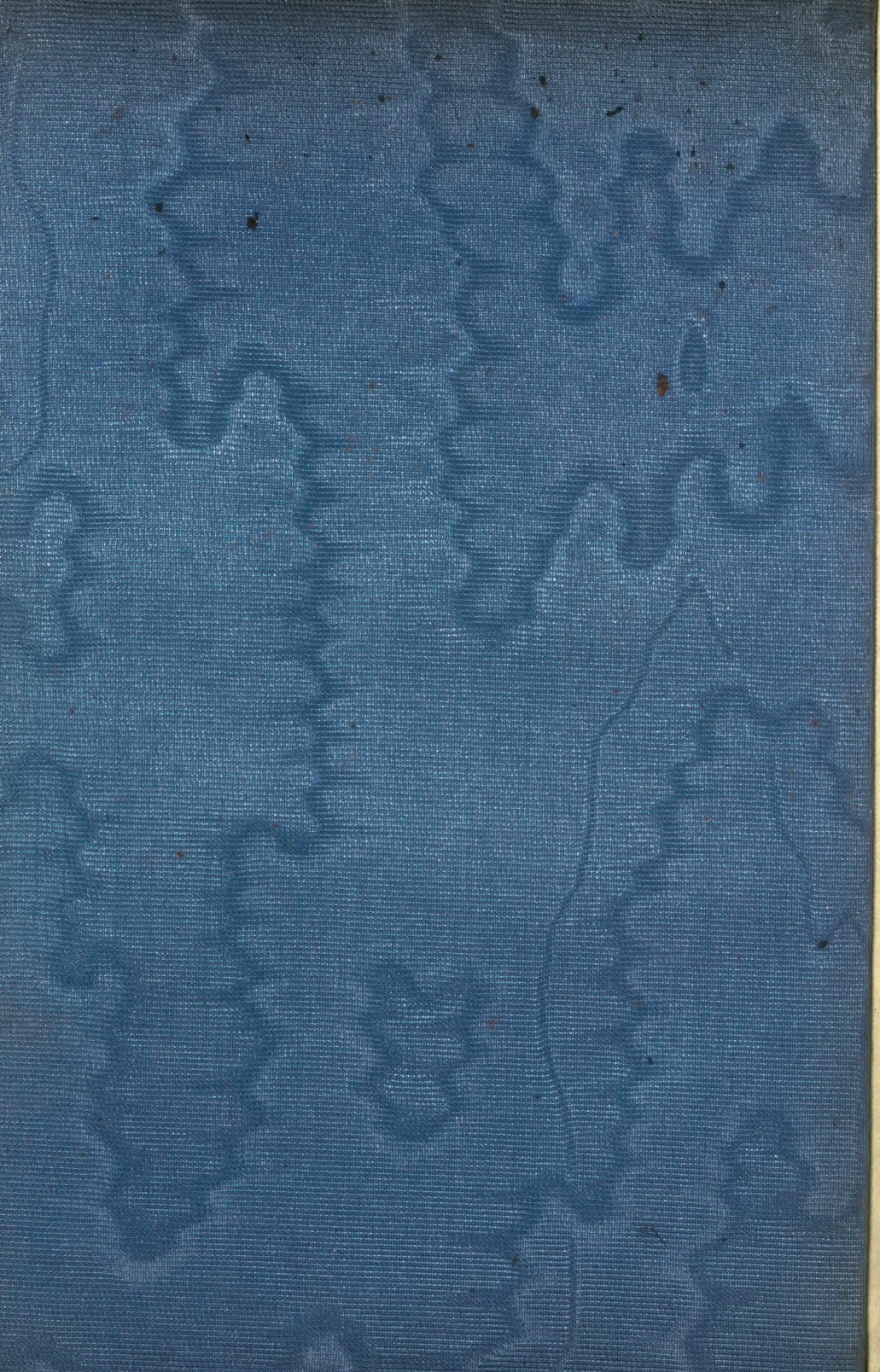


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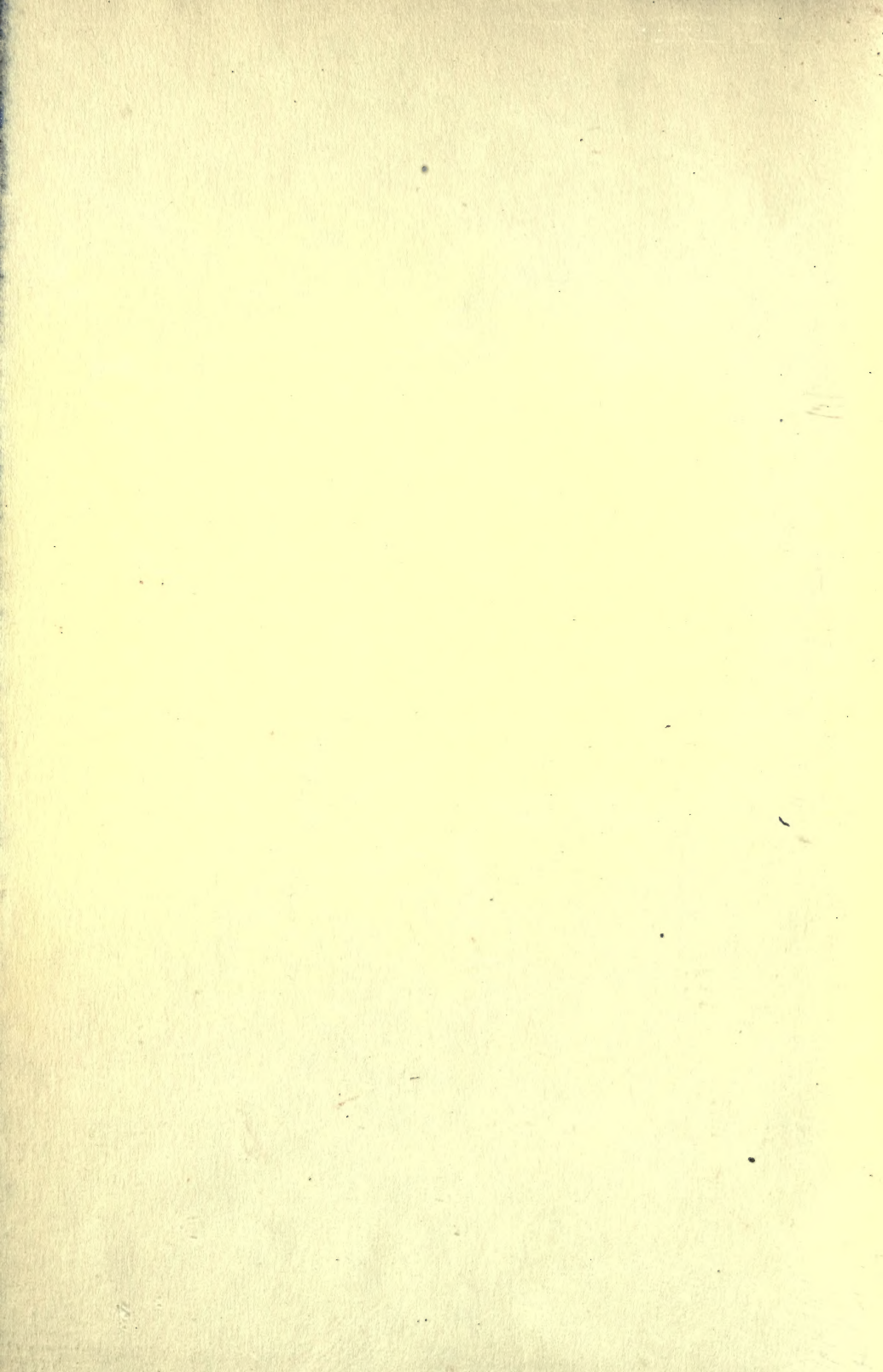
The Plan
o' the House
o' Man, Sir.

MINOR



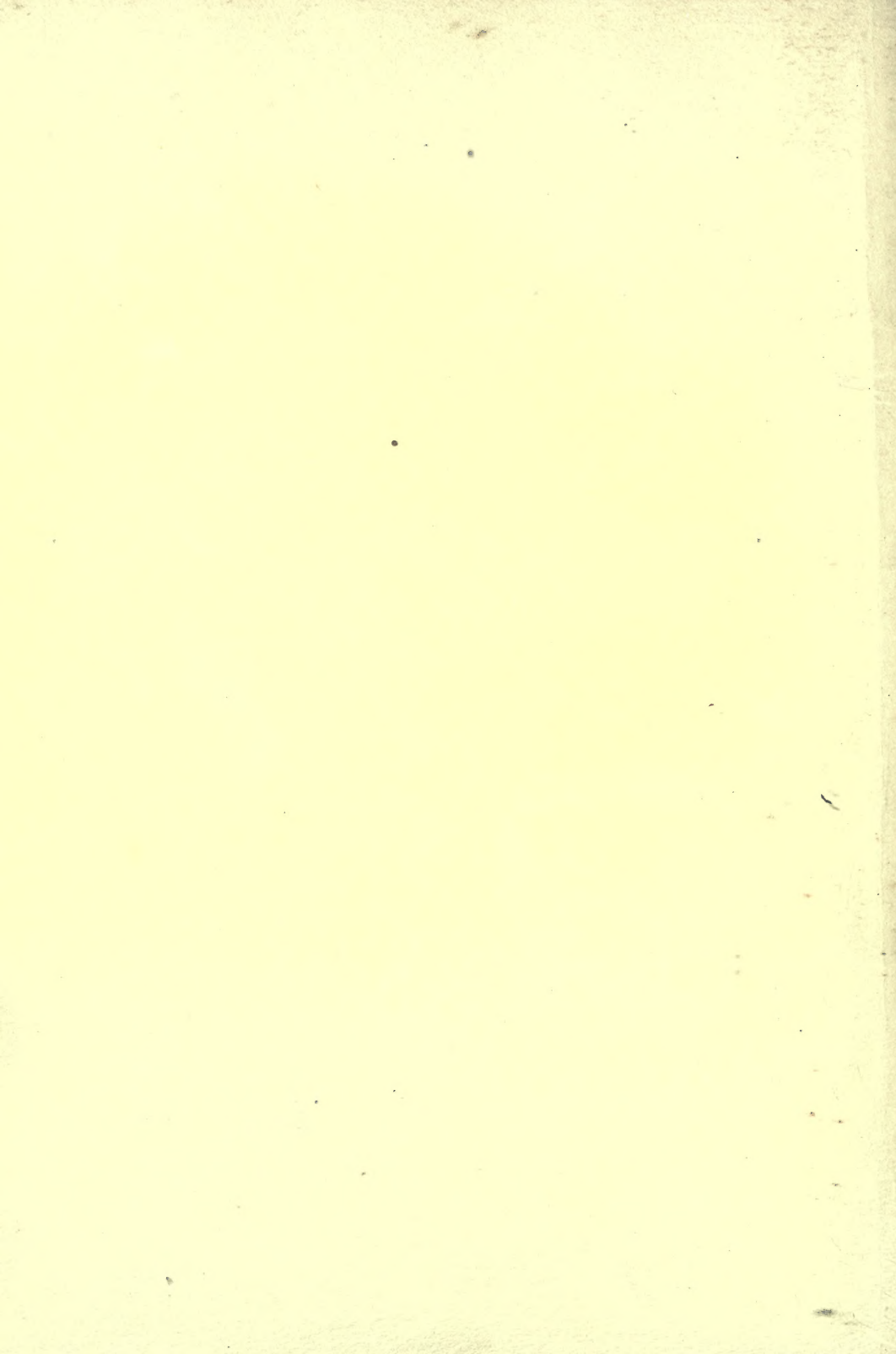


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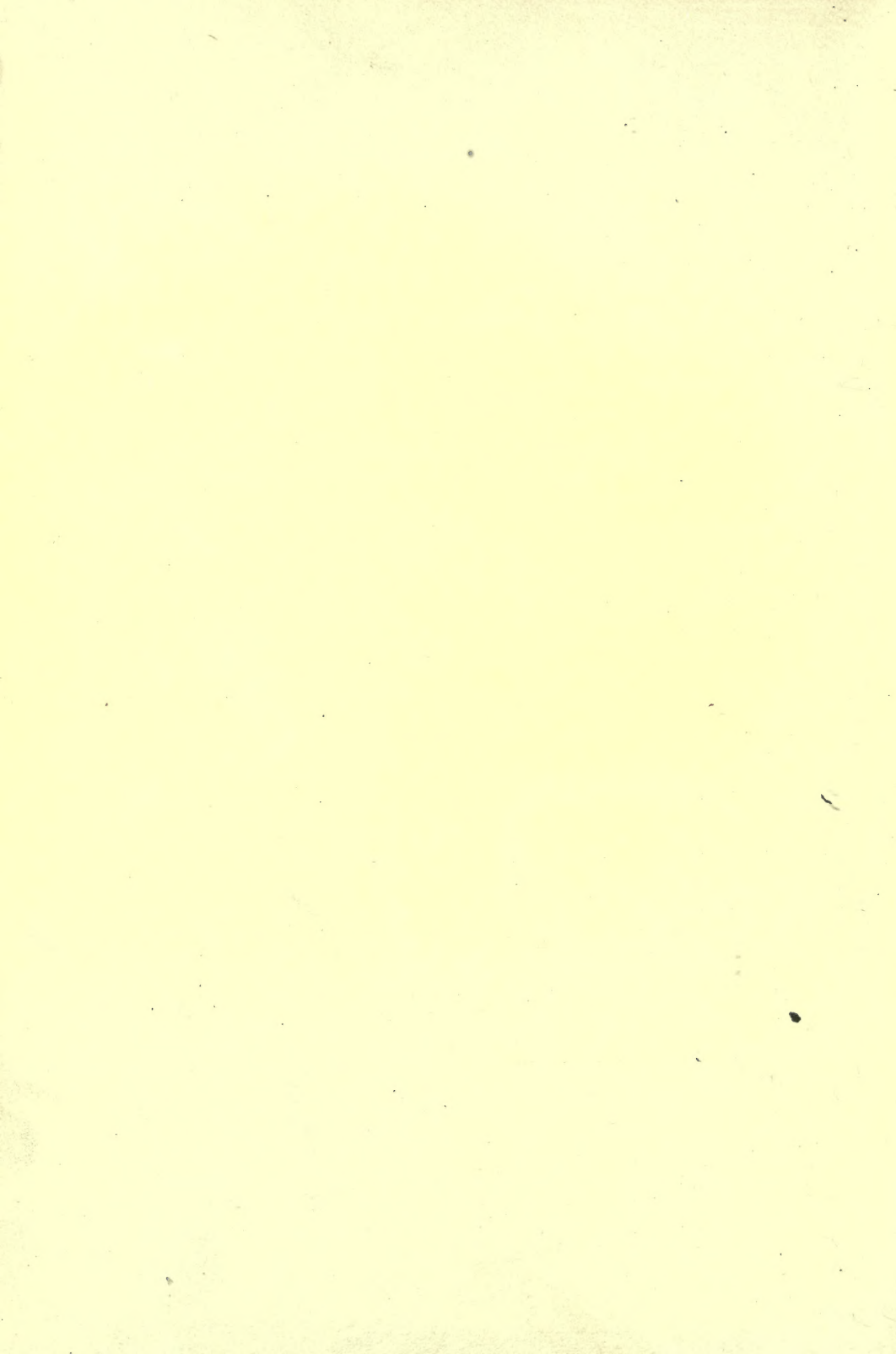




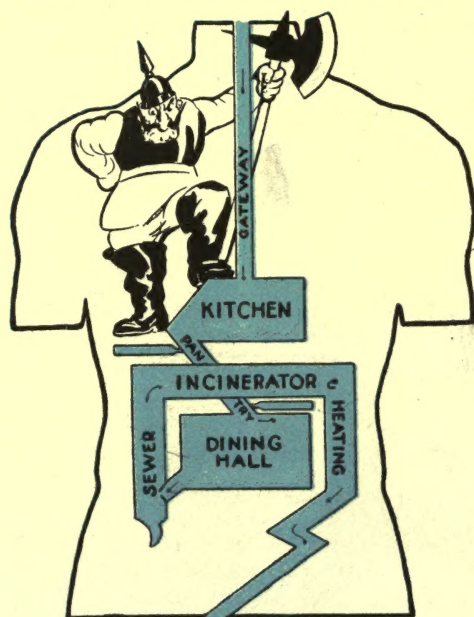
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HALT! STUDY THE PLAN O' THE HOUSE O' MAN SIR!



BY JAMES CABELL MINOR, M.D.

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THE PLAN O' THE HOUSE O' MAN, SIR,

OR

THE PARTS WATER AND
POSITION PLAY IN THE PREVENTION
AND TREATMENT OF
PHYSICAL DISORDERS OF
THE BODY

BY

JAMES CABELL MINOR

Former Major and Surgeon U. S. Volunteers

Author of "Negro Soldier in the Philippines"

"Little Jed" and "The Ash Barrel"

(Now in preparation for press)



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MY EFFORT



IN MEMORY OF
MY BEST FRIEND
WHO

YEARS AGO

WHEN SHE LEFT, SAID:

"GOD BLESS YOU, MY BOY, AND
MAKE YOU A *GOOD* AND
USEFUL MAN"



HE is a benefactor of mankind
who makes two grins grow where
there was only a grouch before

Elbert Hubbard



FOREWORD



GENTLEMAN in a town called New York, on receiving a copy of the first edition of *The Plan o' the House o' Man, Sir*, wrote:

"Usually a consultation with a doctor means a cost all the way from five dollars to a funeral, but your book is a consultation with a doctor and a d——good one for a dollar."

Another writer said:

"It is so simply put that children and even some doctors can understand."

But some doctors have not understood; some have taken the matter too seriously and have impertinently pointed out technical inaccuracies.

The Plan o' the House o' Man, Sir, essays, to teach the poor and the prosperous the simplest way to *HARMONIZE* with Nature's Plan for keeping clean the *BODY*, the *TEMPLE* of the *SOUL*.

No writer has yet mentioned the turning on the *left* side a last half hour each day prior to rising from rest as the proper way to assist peristalsis (Natural Force) and to prevent stagnation of wastes in the intestines (colon stasis) which is one of the cardinal causes of what they call "Rheumatism." You can look into this work and see the inside of yourself.

To attract your attention to your "in'ards" is a bit disagreeable and indelicate I will admit, but it is not a bit less disagreeable and indelicate to have the papers announce some morning that "our beloved citizen, Mr. T. H. Oughtless was taken to the hospital yesterday, and the surgeons operated on him for appendicitis, etc., etc."

There are some who (I do not know whether to term them surgeons or something else that I have in mind) have advocated cutting out the appendix whenever a chance is offered—e.g., before ill luck demands it. Infancy, early youth and abdominal operations for other causes are set forth as proper occasions for "cutting out this blunder" of Nature.

It is better to prevent trouble simply than to attempt cure with difficulty and danger.

The plan pretends to be neither scientific nor unscientific. It is like the old darkey preacher's text: "Hit ain't needer in de frontmos' part o' de book, ner yit in de hin'mos' part. Hit 's jes' middle ways 'twixt een' an' een'."

The gist of it is serious. It contains hints as to health habits—hints so simple and easy to follow that no one should be excused for failing to try them.

I have attempted to put a little humor in it. I wish that I could borrow more. It's a good thing to mix with the serious things of life, if there really be any. We know, if we know anything, that a dash of humor brings joy and keeps us from being too serious.

There are people we know who have been so serious all their lives guessing at what God was going to do with their souls, that they forgot all about studying the body He gave them to keep clean—to say nothing of forgotten doctor bills. So they died and hid their bodies in the ground.

This work is for the well man. Of course, the sick man may read it. If, however, it makes him sicker, he may give it to some other man with a stronger stomach.

Respectfully,

The Author.



PURPOSE. The purpose of this book, its pictures, diagrams and notes, is to show the simplest means of preventing many physical disorders human flesh is unwilling heir to: Some are what they term: "Tonsilitis," "Gingivitis," "Appendicitis," so likewise, "chronic constipation" of the bowels, "indigestion," "dyspepsia," "palpitation," "sick headache," "biliousness," "auto-intoxication" (absorption of toxins), many reflex disturbances, general "cussedness," and others, and others — *all are preventable*.

The book is commended to the old folks (who may learn new truths); to the young folks (the hope of the land), and to medicine men and nurses who may read with the utmost propriety.

It is purposely shorn of technical terms, so that you and I may easily understand.





THE PLAN. I am inviting your attention to the Plan upon which the House of the Spirit of Man is built. (See title plate.)

There is the Gateway (or swallow, or esophagus), leading to the Kitchen (or stomach). Here on the right side we find the exit from the Kitchen through the Pantry (or duodenum) to the Dining Hall (or small intestine), and here, still on the right of the Plan, is the Valve Door to the (cecum-appendix), "slop-jar" or "Garbage Can," or head of the great Sewer, Incinerator and Heating Plant (or ascending colon, transverse colon and descending colon, sigmoid flexure and final exit).

Please note that the Kitchen and Dining Hall have their exit on the *right side* of the body.

Also note that two-thirds of the intestinal tract empty to **THE RIGHT** as far as the **GARBAGE VALVE** in your right hand lower corner; the other third from there on, is the **DANGER ZONE**, and **MUST** be **EMPTIED COMPLETELY** each day to the **LEFT SIDE** of the body before **RIISING** from the night's rest.





THE GATEWAY

*Haste ye now and mark his swallow,
Take tasty truck.—Ash Barrel*



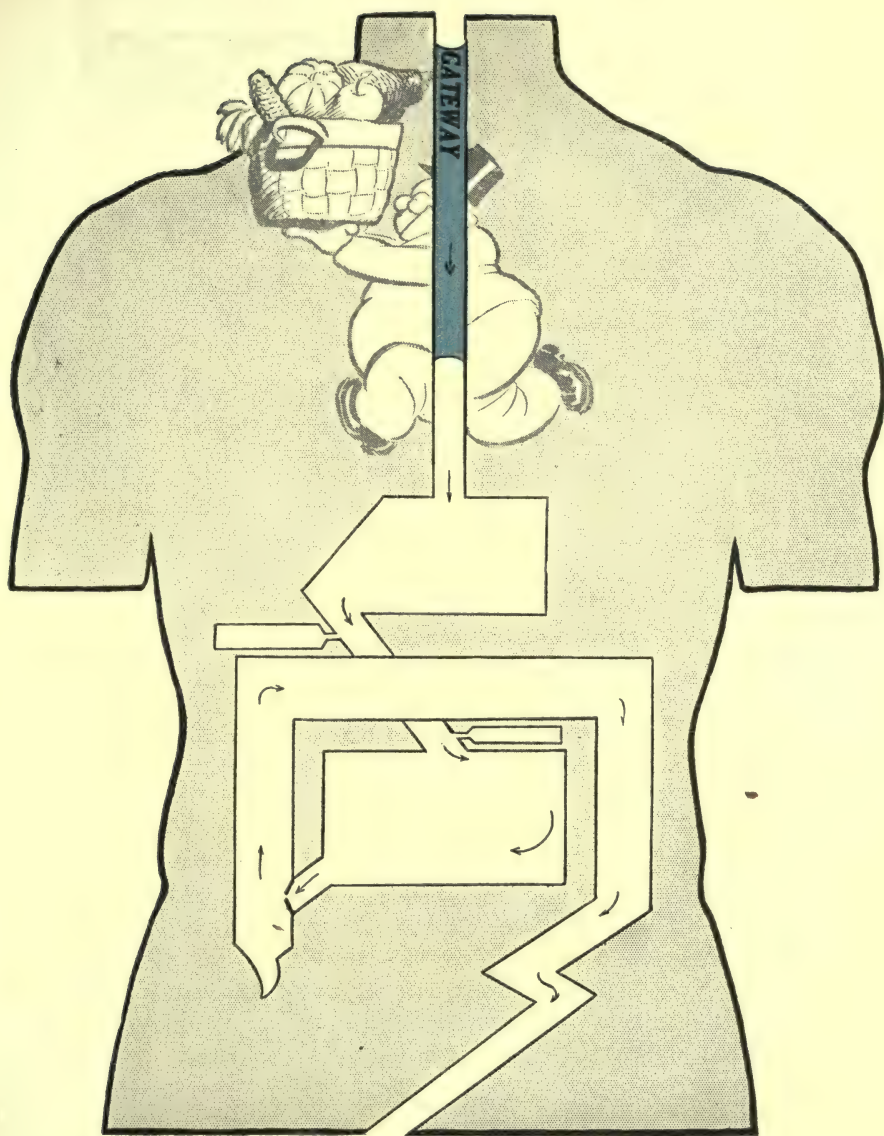
GATEWAY. All food going to the Kitchen of the Plan should be thoroughly incorporated with the mouth juices (saliva). If saliva be not well mixed with bread-stuff, sugars, and all vegetable foods before entering the Kitchen (stomach), fermentation or "indigestion" will take place. Table conversation, sharp acids and *chewing* thoroughly excite the flow of saliva.

Do not "wash food down" with fluids.

Here you see a mass of masticated food in the swallow on its way to enter the Kitchen below.

NOTE.—The proper position for swallowing is the erect posture, sitting or standing.





**Haste ye now and mark his
swallow. Take Tasty Truck**



KITCHEN

*Ah, sir, no food so fit as food
exquisite cooked.—Ash Barrel*



KITCHEN. Here the food is in the Kitchen of the Plan being cooked by the Cooking Agent (gastric juice). It takes usually from two to three hours for this “digesting” or “cooking” to be completed.

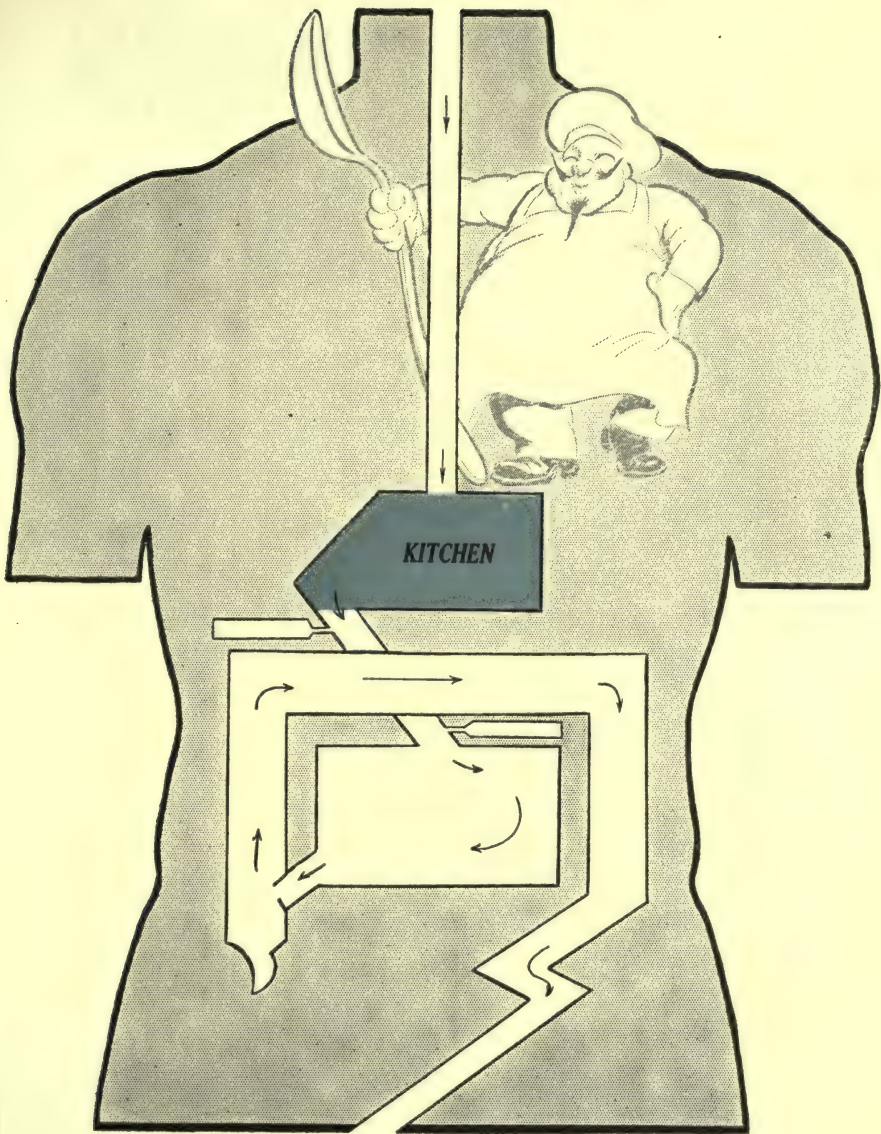
Fluids (water and others) should be taken sparingly up to the second hour after eating, lest you “put out the fire” in the Kitchen and have incomplete or faulty digestion.

During the third and fourth hours after eating, water should be taken freely to carry the digested food to its destination further on.

Thin people should drink freely (two or four glasses) during this period. Heavy people, sparingly. Regular drinking necessary for both classes.

Fluids create weight; food gives us strength. Each must be taken properly in quantity and in time to avoid danger of faulty nutrition, faulty delivery and faulty elimination of wastes.

NOTE.—The proper position of the body for digesting food is the erect posture, or lying down on the right side or back.



Ah sir, no food so fit
as food exquisite cooked.



PANTRY

*Thy liver, man, quick; thy
pancreas, too.—Ash Barrel*



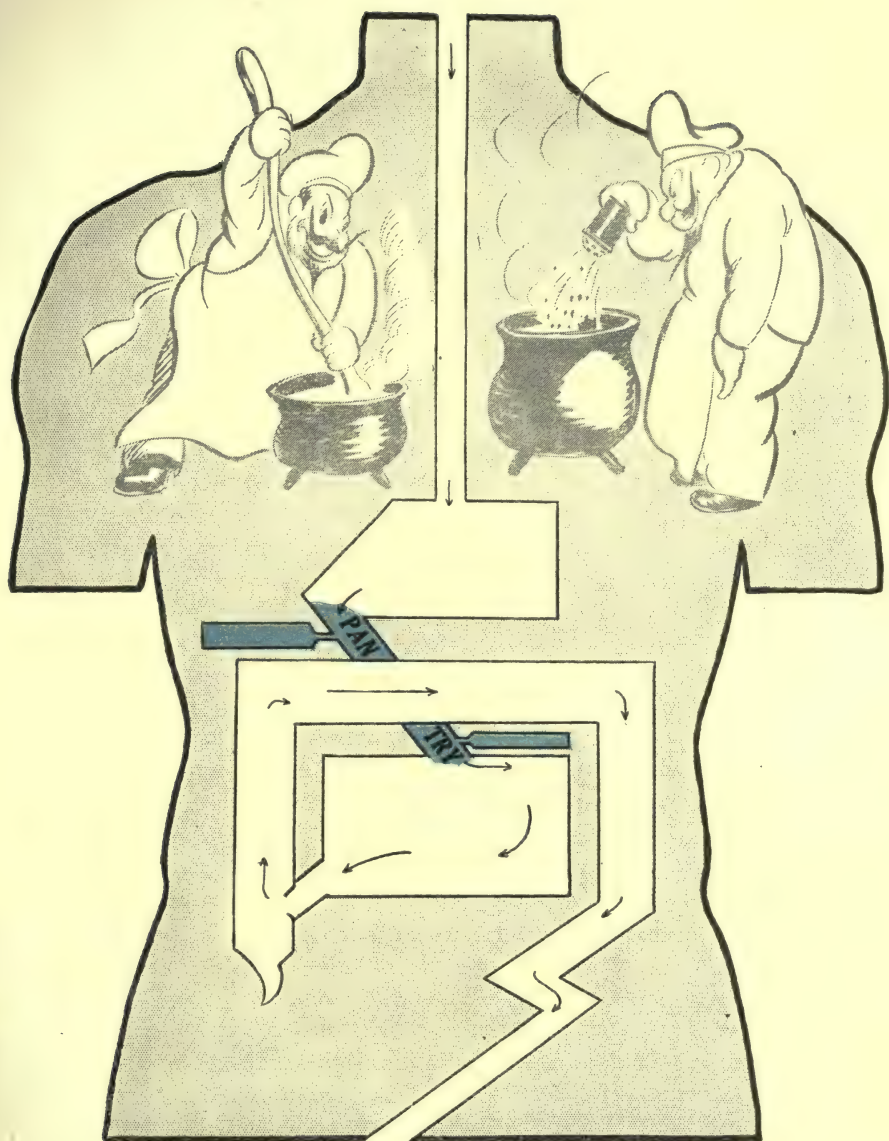
PANTRY. The food is now passing through the Pantry (duodenum), to be seasoned as it were, by the peculiar flow of bile from the liver, which is just to the right of and above the "pan"- section in the Plan, and by that equally wonderful flow from the pancreas, which lies just to the left of the little "-try"- section of the Pantry.

Both these chefs pour out and mix their cordials with the food as it passes to the Dining Hall, converting it into the Elixir of Life. Please see "Liver and Pancreas," page 31.

This function of the liver and pancreas probably takes place during the third and fourth hours after eating.

NOTE.—The proper position of the body for this action of the Liver and Pancreas is the erect posture, sitting, standing or lying down on the right side or back.





**Thy Liver Man, Quick!
Thy Pancreas Too!**



DINING HALL

*Oh, what food divine; nectar,
too, for gods.—Ash Barrel*



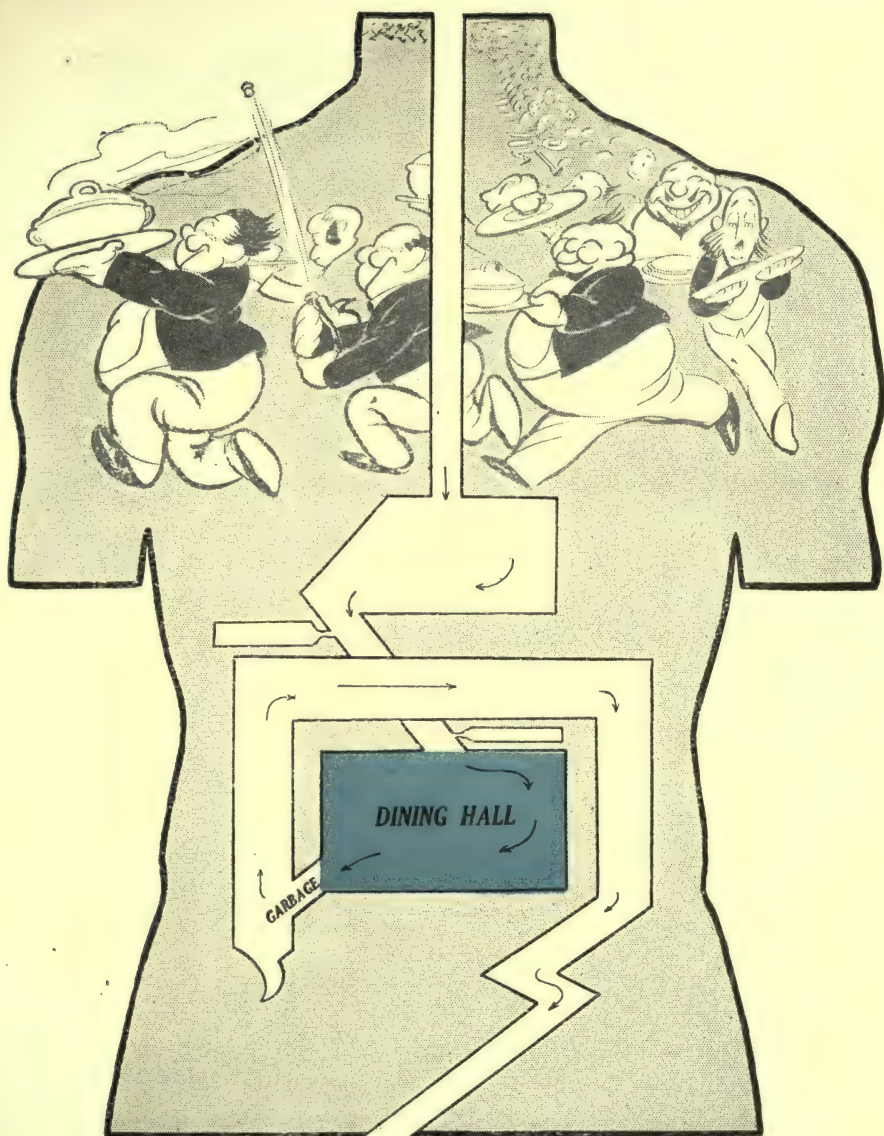
DINING HALL. Here are the waiters (the lacteal system) in the Dining Hall, serving the Elixir of Life to the millions of cells that make up, develop, and maintain that which we call Man.

The brain, the heart, the lungs, the muscles, the bones, the nerves, and all the organs of the body—each receives its share of food and water taken in and prepared by the mouth, the stomach, the liver and the pancreas.

¶ The body can use only a certain portion of the prepared food and water; any surplus is either retained to decompose into dangerous toxins in the Dining Hall or be thrown, with the other refuse through the Garbage Valve into the Sewer, on the right side of the body.

The serving in the Dining Hall is probably from the fourth to the eighth hour after eating.

NOTE.—The proper position for serving the body from the small intestine is the erect posture, or lying down on the right side or back.



Oh, what food Divine!
Nectar too for Gods.



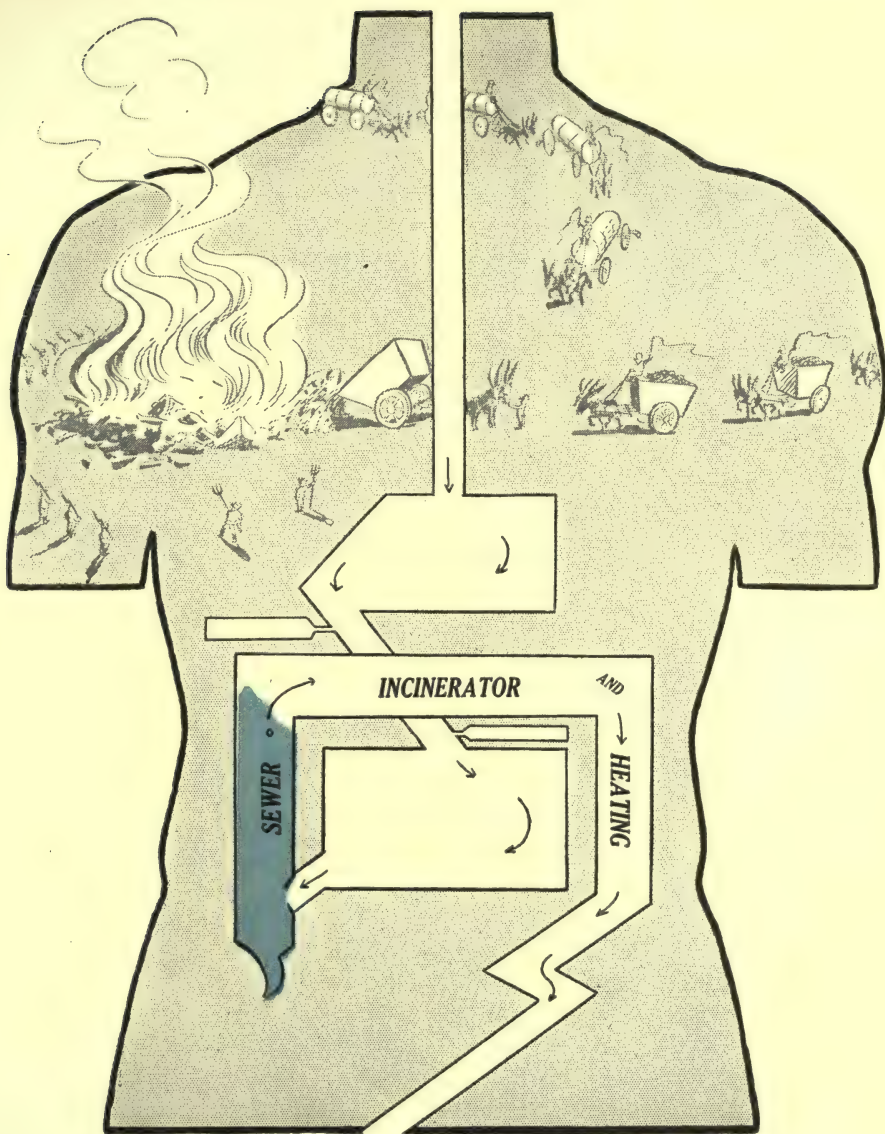
GARBAGE SYSTEM

*Man, thou has fed well; now clean
away thy trash.—Ash Barrel*



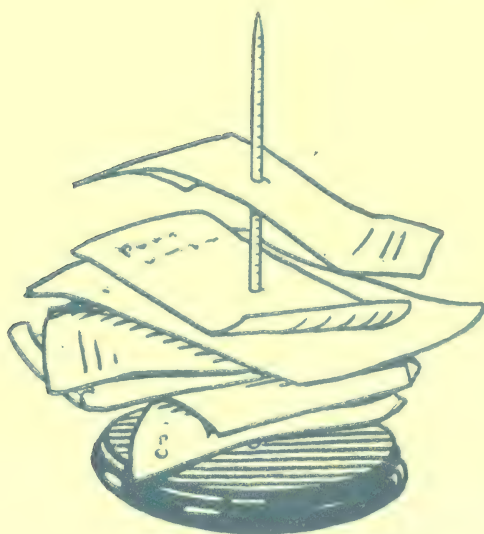
GARBAGE SYSTEM. If you have followed your vocation during the day and slept or rested as you should during the night, ABOUT three hours on your back, ABOUT five on your right side, the Kitchen contents will have passed into the Pantry, thence to the Dining Hall, and all refuse and surplus food will have passed to the sewer head in the ascending colon. Should you rise now without turning to your left side for a few minutes at least, better one or two hours, you will carry this loaded colon all day. Failure to turn to your left side will cause a multitude of troubles. For example, weight of refuse upon the appendix (chief, if not sole cause of Appendicitis), chronic constipation of the bowel, fermentation and retention of wastes and absorption of toxins. The colon will be inflated like the inner tube of an auto-tire, and by its pressure on the under surface of the liver (just above) impede the action of this wonderful organ, causing "torpid liver," "gall stones," "obstruction in flow of the great venous, return of used blood to the liver and to the lungs," etc. Many reflex disturbances and disorders of contiguous organs will ensue.

NOTE.—**NEVER** rise from rest without assisting nature by turning on the left side for one-half hour to one or two hours to empty the contents of the ascending colon to the transverse colon, and thence to the descending colon, on the left side of the body.



Man thou hast fed well.
Now clean away thy trash.

NOTES ON
Construction and Maintenance
of
The Plan





THE TRIPOD OF HEALTH



LET us see what health really rests upon. The legs of health are three: *SLEEP* (rest), *NUTRITION* and *ELIMINATION*. If either of these three legs be short, health totters as would a three-legged stool. *Rest* for the nerve systems (voluntary and involuntary), *food* for strength of body and *water* for transportation of food and for flushing the four sewers of the body. These are essential to health.

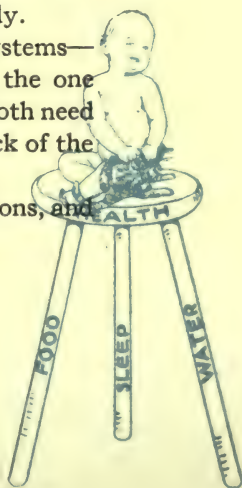
SLEEP. It is suggested that you sleep at night (if possible) no joint resting on another. The limbs should be gracefully and easily flexed. Do not sleep with "clenched fists," or tightly drawn elbows or knees. Do not impede the circulation of vital fluids.

As nearly as possible, one should rest or sleep, lying on the *back* the first part of the night, on the *right side* the second part of the night, and about one hour, more or less, on the *left side* before rising.

Never lie on the left side of the body while food, water or medicine is in the stomach (Kitchen). Nurses should take notice. Their teachers have neglected this point usually.

It is well for you to know that you have two nerve systems—the one voluntary, the other involuntary in action; the one controlled by the brain, the other by the solar plexus. Both need rest, the brain inside the skull, the solar plexus just back of the stomach (your Kitchen).

The two systems send hands and arms out in all directions, and



in thousands of places in the body they join in friendly grasp to equilibrate the power of the Plan.

Protect the solar plexus; it is so little thought of.

A prize fighter some years ago (and maybe recently, for all I know), hit another artist over the "solar plexus." In sympathy for this violation of Nature's and the Marquis of Queensbury's rules, the entire body was for a time without power.

The solar plexus is disturbed in differing degrees by any blow or pressure, or irritation over the region of, or in the stomach. If the stomach be wrestling with gas or an overload of food, digested or undigested, or by a green apple, or other incubus placed therein by man's ignorance or piggishness, this important and sensitive nerve center is unable to co-ordinate and regulate its varied functions, and we may find among other disturbances, convulsions, delirium, a palpitating heart, a headache or dizziness, etc., etc.; and if relief be not soon coming, the entire forces will be in rebellion and Nature put to extreme resources to re-establish peace.

Always take water, one-fourth glass, one-half glass, or a full glass under such conditions, and lie down on the right side until the offending contents have been transferred, up or down.

NUTRITION.* Avoid overeating; a good way, avoid tipping the waiter. Eat by the clock, three times daily, if possible. Eat at the same hours each day; thus promoting regularity in action of vital organs. When a meal is missed, it is better to wait for the next eating hour than to get the stomach into irregular habits.

☞ Eat ripe and well-cooked vegetables. Avoid fried foods, and thin soups. Avoid coffee, tea and so-called

See "Calories" at the end of the book

refreshing "colas" and "olas." They are drugs and dangerous.*
❏ Do not forget rice. It can be served in over two hundred wholesome and appetizing ways. Rice gives, in full measure, strength to the body. Potatoes and rice are breads that are not adulterated by the commercial hog, except by talcum in rice. Bleached rice should always be thoroughly rinsed of its talcum powder with much cold water before cooking.

Meat is not necessary for a peaceful animal, except in limited quantities. See "Calories." It is all right for the fighter or animal that does not work, but preys upon others. Note the difference between the carnivorous brutes and the horse and other beasts of burden. The one is useless, the other indispensable. Carnivorous beasts and monsters are fast disappearing from the earth.

I am not in sympathy with advocates of heavy eating. Eat in proportion to physical energy to be expended. Assimilated food is fuel for the body. If it is not burned by exercise, its change and decay in the tissues will cause auto-intoxication (self poisoning).

"What must I eat?" I am reminded of an old doctor in a village, who, when asked the question, said: "Where are you stopping?"

"I am stopping at the hotel here on the corner, sir."

"Oh, by heck! eat anything you c'n git."

It is not so much a question of what we may or must eat, either in sickness or in health, as it is the quantity, the way it is prepared, masticated and further disposed of by water and posture. One may eat and digest the best food in the world in proper proportion, but, if food is allowed to remain too long in the stomach, (Kitchen) before adding water to carry it to its des-

*"Avoid," meaning, be careful

tion, the meal is not only wasted, but dangerous. Fermentation will ensue, which means "indigestion" and absorption of toxins.

Drink water in tentative quantities if indigestion arises during the hour after eating, and lie down for a few minutes on the right side. The stomach empties on the right.

Fermenting food, "indigestion," must not remain in the stomach. Wash it out, up or down, with water.

E L I M I N A T I O N. Combustion is taking place every minute of time in all cells, tissues, and organs of the body. If the "ashes" of this combustion be not removed, poisoning of the system takes place (auto-intoxication). Elimination of these wastes or poisons is accomplished by the flushing action of water through the four sewers of the body—the lungs, the skin, the kidneys and the bowels.

You can't flush sewers without water.

If regular flushing is desired, you should drink water regularly.

¶ I would suggest that you drink one glass of water one hour before each meal to wash out the stomach. Clean the Kitchen (stomach) before attempting to cook (digest) food.

Drink one-half to one glass upon sitting down to the table. Too much water during the meal will put out the fire in the Kitchen (stomach).

Drink water freely during the third and fourth hours after meals to convey the digested or undigested food to its destination. It should not remain longer in the stomach.

Drinking water in this way insures four desirable acts of Nature: (1) A clean Kitchen, (2) transportation of food, (3) flushing the sewers of the body, (4) lubrication of all muscles, joints, nerves, organs and cells.

No drink of water is more important for prince or pauper,

laborer or loafer, than one taken during the latter part of the night, when one may be disturbed by wakefulness, bad dreams or the desire for good health. Take one glass and rest on the right side. Aside from being natural lavage, the draught is a wholesome stimulus to peristalsis (bowel muscle-action) and is soothing to kidneys and bladder. (Forget what the other doctor told you about this.)

On awakening in the morning, there is always more or less mucus or catarrhal secretion in the stomach, deposited during the night. This accumulation should be washed from the stomach by water taken in during the night, or at least one hour before food is taken in the morning. As a rule, breakfast is eaten too soon after arising. Here the capitalist and the laborer will weigh alike the delights of good health against the slings and arrows of convention and other inconveniences.

¶ I mention the drinking of water during the night as important. Let me emphasize. I believe that drinking water during the night not only assists in cleansing and toning the alimentary tract (foodway), during its period of quiescence, and, in giving a more restful vacation to the reflex nervous system, but that it is without a doubt the greatest means of preventing some forms of kidney diseases and bladder disorders.

If urine has to trickle through the kidneys during one's sleeping hours, as is ordained, and evidently to be fulfilled, for the Lord's sake let it be as soothingly diluted as possible. Water is the best diluent. Diluted salt water is pleasing to mucous surfaces; strong salt water is highly irritating. The kidneys and bladder are lined with mucous tissue.

Show me the man whose urine is habitually red and scant on rising from sleep, and I think that I can safely wager that he either has a kidney and bladder trouble or will have before he is fifty, whether he drinks alcoholics or not. I know that he

does not drink water during the night. A glass or two of water taken during the night, in addition to the after-meals daily allowance, will prevent bladder and prostatic irritations and kidney insufficiency, and kidney insufficiency is responsible for so many disorders caused by retained kidney-wastes.

If you agree with me as to the indispensable functions of water in preventing disease, let us by no means overlook the yet more powerful service which it renders those who are helpless from disease. It is truly marvelous how many disordered conditions of the body can be regulated or dissipated by the proper use of water—water for the proper elimination of waste products; water for developing and maintaining a better resisting power to disease; water for a uniform distribution of food and medication; water for lubrication of every particle participating in body life.*



* See table of Weights and Heights

THE LIGHTING PLANT



THE HOUSE O' MAN, SIR, has a wondrous lighting plant. It is located in the skull of man, and from it, through means of thousands of wires (nerves), the light and power of its activity pervades the entire machinery of the Plan.

Two engineers are at the beck and call of the Master of the House. They are Good Spirit and Evil Spirit. The one is Harmony, the other Discord.

Just why the Grand Architect elected to give to the tenant, Man, the choice between these two workmen has been a mystery. Though apparently sprung from the same source, and brothers by birth, they are like Cain and Abel, direct opposites in creed and deed.

Good Spirit desires the House in radiant light, with his train of subjects led by Harmony.

Evil Spirit commands a force of followers all his own—his lieutenant is Discord. The two Spirits seem to be ever contending to control the Lighting Plant.

Now, sir, if the Master of the House be wise, he will observe that the Good Spirit works well whenever the entire structure is clean. The Evil Spirit can exploit his followers more to his advantage when the body structure is diseased.

So, if the Master or tenant of the House desires good power and light for the entire structure, he should direct his other servants of the House (vital organs) to render good service, each in his own functions, that the light and power of Harmony may prevail.

“Let us have a Sound Body.”

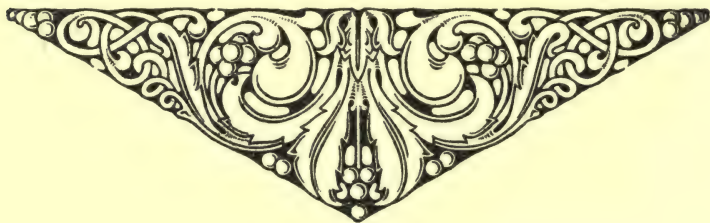
The Nerve Tension of the Body: This is the power or lack of power in the control of the functions of the various vital organs or "workmen" operating the machinery of the body.

There are three grades of *nerve tension* that bodies possess:

1. *Above* normal tension—many.
2. *At* normal tension—few.
3. *Below* normal tension—many.

Each of these grades depends upon the equilibrium or lack of equilibrium of nerve control of the vital organs.

All animated beings, from the ant to the elephant, including man, monkey, and the "prohibitionist," live by alcohol. The active principle in all vegetable matter is alcohol, e. g. potatoes, rice, corn, rye, barley, wheat, fruits, herbs, even the grass of the field. (See Liver and Pancreas.)





LIVER AND PANCREAS (the sugar factory and distillery). "Doc, what's the matter with her?" asked the old maid rural gossip. "Well, Miss Pekin," the old man drawled, "ef I was to tell ye in Latin ye would n't understand; but in plain English, hit 's none o' your dambizness."

¶ Now, reader, if you were to ask me the functions of the liver and pancreas, enzymes and peptenzymes, and of glycogen, pancreatine, etc., and all about the parts that they play in the process of digestion and assimilation of food, you would n't understand if I told you; but in plain English, the Liver is a sugar factory and the Pancreas is a distillery; the two manage in some way to convert what we eat into the Elixir of Life, or alcohol, the consecrated wine of harmony, and that's all that you and I need to know, unless we are going to study and try to be doctors (there are too many now,) or unless we are going to oppose the prohibition of alcohol and its uses.

More wine for the body is prepared by this process than can be delivered without danger to the system. I mean most people eat and digest more than the system needs. The surplus, as waste, is passed on from the Dining Hall to the Garbage Can (cecum-appendix) the beginning of the great tube known in our Plan as the Sewer, Incinerator and Heating Plant.

It has been well said that "A man takes his life in his hands when he sits down to the table." Too much food is intoxicating.

1. If one eats too much, and one's liver and pancreas are working well, the system receives too much alcohol and then one is above normal tension.
2. If one happens to eat safely just enough for the body need, the system is at normal tension.

3. If the liver and pancreas are not normal in function and can not furnish alcohol for the body maintenance, that body is below normal nerve tension. Convalescents from disease, low grades of fever and many nutritional disorders are below normal nerve tension and need alcohol.

Many people are below, many above, but few are at normal nerve tension.

When the body is below, it may be called "sick."

This class of bodies needs artificially prepared alcoholic doses—until the liver and pancreas are revived for work.





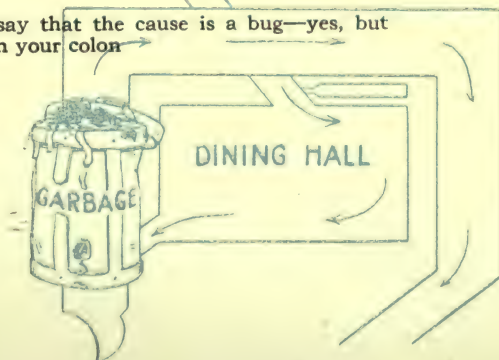
THE GARBAGE CAN, or "slop-jar" is in the right lower corner of the abdomen. The emptying of it each day is necessary, and this act is actually accomplished or is greatly facilitated by lying on the left side for at least a *few minutes*; better *for one or two hours before* rising from the night's rest.

I proclaim, sir, that this simple act assists Nature in transferring the contents of this portion of the great tube (Garbage Can, Sewer, etc.) to the left side of the body for final exit by the descending colon. Don't say that you have always done this, because you have not. Read it again and see the reason.

¶ This simple transfer from the right to the left side of the body prevents:

1. Carrying during the hours of activity a weight of refuse bearing down on the Appendix. This weight of a fermenting, decomposing and heating mass is the chief cause of appendicitis.*
2. The emptying of the ascending colon prevents the overtaxing of the delicate muscular action of the entire colon. The doctors call this muscular action Peristalsis. Peristaltic action, when long abused by overstrain, leaves the tube relaxed or partially or totally paralyzed and the muscular lining of the tube is useless and only roused to action possibly by the judicious use of irrigation treatments and bowel stimulants, which are dangerous unless guardedly given by the skilled physician and *by always lying on the left side in the morning*.
3. This transferring of wastes in the ascending colon each day prevents localized chemical heat-combustion and fermenta-

*Scientific medicine men of late say that the cause is a bug—yes, but don't let the bug of science breed in your colon



tion. The heat generated by this combustion should not be allowed to become "localized," but distributed along the track of the tube, which is the Sewer, Incinerator, and Heating Plant of the entire Plan (or the ascending, transverse, and descending colons). This tube is from five to seven feet in length.

4. The inflation of the ascending colon with gases dilates the ascending colon, and, as shown above, tends to paralyze the muscular action of the tube; not only this, but where the tube bends to the left just under the Liver, undue pressure of gas shuts off the flow of bile from the Liver, causing retention of bile in the bile reservoir (Gall Bladder); this retention of bile causes the chemical components of the bile to crystallize into what are known and dreaded as "gall stones."

This same retention of bile causes its re-absorption by the bewildered Liver, causing systemic disorders. "Jaundice" is one, "hepatic infection" is another. The next is the surgeon's knife.

The retention of the bile prevents the perfect action of the wonderful part that the Liver plays in its digestive function in conjunction with the Pancreas, and its equally remarkable function as a bowel antiseptic and laxative.

5. The transfer of wastes in the colon from the right side of the body to the left side prevents absorption of toxins and bacteria from the fermenting mass, if it is detained in the ascending colon. For example, and there are many:

There is a troublesome bug known as the colon bacillus. Although originating in the colon, it and its ravages are often manifested in the kidney and elsewhere in the body, showing that failure to empty the ascending colon has made this bacillus bold to enter other territory than that which it has already been permitted to usurp. Other toxic properties of the wastes

in this ascending colon are absorbed into the system while waiting in the colon for clearance orders. For example: tonsil and gum troubles, "rheumatism," whatever that term means. This much-used term has never been defined so that any one could tell what was meant. It is usually thought to be some derangement of the "kidneys," of "teeth" or "tonsils." No one has successfully defined "rheumatism." So I have the right to attempt a definition:

"Rheumatism," sir, is the effect here and there in the body of retained waste products that should have made exit from the body by the four eliminating organs (kidneys, bowels, skin and lungs). These are the four sewers mentioned in the Plan. We may have "rheumatism," due to absorption of wastes stagnating in the bowels, in the lungs, in the kidneys and in the skin.

"Rheumatic" wastes usually lodge in the weakest point or weakest tissues of the body; here they cause pain, swelling, etc. The appendix, tonsils, eyes, joints, muscles, or any organ or tissue in the body may be "rheumatic."

Indeed, you and I do not see why one can not truthfully say that any and all congestions and inflammations are "rheumatism" of this or that or the other organ.

There are to be known three classes of wastes that cause trouble if retained in your body or mine; the daily *normal* wastes from combustion of body tissues, *infection* wastes, such as disease wastes, (typhoid fever, diphtheria, etc.) and *accidental* wastes, such as drugs and poisons.

"Rheumatism" is a good name for faulty elimination, but "X" is just as good and a lot shorter.

Handy Tools and Ideas in Connection With The Plan



ASTOR OIL is the broom that cleanses the food course by sweeping it. Its benign effects are as divinely efficient and happy as its taste is diabolical and generally despised.

Mineral Oil is efficacious. It is on the market as Liquid Petrolatum, "nujol," etc., etc. It should be clear white, tasteless, and odorless. It has many uses in the hands of a sensible doctor, and a foolish one can do little harm with it. Use it—but turn to the left side each morning—otherwise it *or any other cathartic is a joke.*

Many cases of "rheumatism," "sciatica" and other systemic pains have been relieved by—and prevented by—the judicious use of a good Castor Oil or Mineral Oil. Because many such disorders are due to retained wastes in the colon, easily swept out if the colon be well oiled and Nature further assisted by *proper position in sleep.*

Castor Oil is needed, and needed quickly too when there is pain or griping in the abdomen—the Dining Hall (see Plan)—after eating bad food, food that has been badly cooked, or not digested or not ripe, or too old, etc.

Never take a "pain reliever" until you have first taken the oil. Always demand cold-pressed oil.

The best way to take Castor Oil:

1. Take a conical wine glass.
 2. Place in the bottom two teaspoonfuls of simple syrup.
- (Druggist)



3. Pour on this syrup one, two or four tablespoonfuls of Castor Oil. It floats.

4. On top of this float two to three teaspoonfuls of good whiskey. Don't use wine, soda water or beer, or orange juice or slops; use the best whiskey.*

Swallow without allowing the mixture to touch the *upper* lip. "CALOMEL" acts on the bowels by "uncorking" the liver and producing a flow of bile. Calomel is often needed, but much abused.

"PILLS" act on the bowels by irritating Nature beyond her patience, and her every effort is brought to bear to rid the system of the "horrid mess" through the bowels.

Ungoverned and persistent use of "pills" is "inhumanity to man" and an insult to Nature. Pills are often needed but the doctor should decide when to use them.

No case of chronic constipation has ever been or ever will be "cured" by the daily use of "pills" alone. Proper position in sleeping hours is necessary for proper action of any cathartic. SALINES assist Nature. They are not necessary, however, and they too, should be prescribed by competent authority.

¶ Salines (salts, cathartic waters) act by washing the foodways and should be used occasionally.

Bowel Irrigation, or Enemata. For usefulness all enemata (bowel injection) should be by *low* pressure, and should wash the entire colon from anus to appendix. (See plates) Two quarts of warm, (sterile water) will be sufficient quantity.

The sterile water is obtained by boiling and then cooled to desired temperature by standing. The patient should lie down on the back slightly inclined to the right.

*If the patient be a "prohi," don't use whiskey; let him suffer

The water container should be hung not over *two feet* above the body-line.

The nozzle used should not be over two to three inches long. It should be dipped in mineral or other clean oil before inserting. The water should be allowed to take its course slowly upward through the *rectum*, the *descending colon*, across the body through the *transverse colon*, then downward through the *ascending colon* to the appendix on the right side to the "Garbage Can," the "Slop-Jar," the "Danger-Bag"—no name is too bad for it, if not emptied each morning.

The colon flushing through the long rubber tube now in use by nurses and surgeons should be tabooed as barbarous and dangerous.

The one-half to one pint enema and the colon tube are often conducive to "hemorrhoids," "rectal abscesses", etc., etc. No authorized doctor or nurse will use the long colon tube except in extreme emergency. Others should be arrested.

NIGHT AIR AND OUTDOOR SLEEPING. All air after sunset is "night air." But the night air outside most bedrooms is clean and safe. Temperatures may be considered.

But why sleep outdoors when it is possible to have a clean bedroom? The air will be the same.

It is the lint from clothing and draperies and from bedclothes and carpets and the dust and dirt of the day we fetch in at night which makes sleeping indoors dangerous—it is not "night air."

We never see this air filth until the sun shines through the window in the morning. It is too late then to think of the damage it has done, during the night, to the delicate air passages.

I suspect that you had better sleep outdoors.

All people have a dollar's worth of lungs. Most people of sedentary life and lazy habits use only a nickel's worth.

"Red blood" is red because of the oxygen taken into the circulation, through breathing—oxygen of the air—not because of iron tonics.

The more oxygen in the air, and the more one inhales it, the redder the blood becomes. Good food, water and air make the body-strength.

"Iron tonics" do not redden one's blood—I don't know what iron does to the blood and I don't know any one who does know.*

¶ The black, venous blood that pours from the liver of a slaughtered ox immediately turns scarlet from exposure to the air. So does your blood become scarlet when you breathe in the air to the lungs, after your venous stream returns thro the liver to the lungs.

Why buy "iron" when the air is free?

THE LUNGS A SEWER ALSO. Forcibly exhale breath from the lungs on a cold piece of glass, the water condensed there, is laden with dead wastes which should not remain in the lung cells. Then it would be a good thing to forcibly empty the lungs daily; indeed, just as important to relieve this sewer of its burden of waste and dead material as it is to flush the other three sewers, the skin, the bowels and kidneys.

Nature assists the fool, the laggard and the sick man in relieving the lungs of some of these dangerous wastes by making him sigh, cough, yawn or hiccough.

When you wash^Δ your teeth in the morning, after your tub bath, you are not clean until the lungs have exhaled the stagnant accretions of the night, nor yet until the bowels and kidneys have voided their excretions.

* Anyway we get it from food

Δ I said "wash"—not *brush*

Exercise, like eating, is often overdone. Many of us exercise the wrong end of the body by too much leg exercise and not enough for the muscles of the chest, back and abdomen. Exercise from the hips up—clear up under your hat.


A simple and effective exercise for the ordinary man, who is not a laborer nor an athlete, is suggested: About twice a day stand heel to heel, toes ten inches apart, eyes on picture rail. Begin with arms straight by the thighs and raise arms to back of ears, keeping them parallel in every upward movement, then extend arms straight outward from the shoulders—then turn palms downward, exhaling through the mouth. Repeat five to ten times night and morning. Select the best air possible. Never exercise the lungs in dust, or smoke or clothes lint. Inhale through nostrils with this upward movement—Exhale through the mouth.

MINERAL WATERS* are not necessary to health. Pure water is, if procurable. If not, drink the best to be had and drink as directed: one-half to one glass on sitting down at table, no more during the meal. One to three glasses during the third and fourth hours after meals and one glass during the night—Is that plain to you?

SOAP. Use soap sparingly. Wash it off with plenty of water. Washing the skin is often a fad. Many a body bathed with soap and water is rotten inside. The skin is only one of the four sewers that carry off the waste products of the body. Don't forget the other three—bowels, lungs, kidneys.

THE TOWEL is a dryer. Use it as a blotter, seldom as a rubber. Blotting takes *out* local poisons; rubbing may drive them in. **THE SEWERS** of the body are the lungs, the skin, the kidneys and the bowels. They eliminate the natural, the diseased and

* Some are valuable in effecting "cures"



the accidental waste products. "Natural wastes" such as we all have; "disease wastes" such as come from fevers and various blood poisons; "accidental wastes" such as drugs, medicines, and other substances introduced into the blood, which are foreign substances.

You can't flush sewers without water. If regular flushing is desired, water must be used regularly by your own volition. There are no brains in the belly.

THE TEETH. The best way to keep the teeth in good condition is to let them alone; pay more attention to the preceding pages (position in sleep) of the book, and keep the mouth clean with plain water. Wash thoroughly before and after eating. Use the teeth at meals only—keep food out of the mouth between meals. If your teeth are diseased, may the Lord and the dentist help you.

Please don't tear the gums loose with a tooth brush. All tooth brushes are, or will be dirty.

THE NAILS. Finger and toe, trim, wash and dry. That's all!



USED IN THE PLAN

Use a Nail Here—

Beer is a beverage not a *Medicine*,
Water is an *Essential* to *Health*.

You take your life in your hands when you go to *Eat*.

Halt! and *Study*—The Plan o' the House o' Man, Sir, and *Count your calories*, see back of book, *Best Part*.

Drive this nail home:—If necessary, get your monkey wrench busy.

The Plan is not designed to “*Raise your pay*,” But

To *Raise* your *Physical Comfort*, *Working Value*, and your *U-S-E-F-U-L-N-E-S-S*.

Your employer, or your Business will “*Raise your Pay*.”

Now tighten up all bolts along the waterway.

Drink water *Properly*—“properly,” I said.

For *three* purposes:

To Carry Food and its waste products to *destination*.

To flush the *four* sewers of the body (The bowels, the kidneys, the skin and the lungs).

To lubricate all organs, all joints, all muscles, all nerves, all cells.

Get your Stillson wrenches here, you may have to loosen up some of the pipe-line.

There are *four* sewers in the Body and only *four*—Bowels, Kidneys, Skin, Lungs. You can't flush sewers without water—*Regular Drinking* means Regular Flushing.

Use two bolts here.

The Heart, the old pump.

Never lie on your *left side* while the stomach is *loaded* with water, medicine, food or fermenting food generating *gas*; the *heart* resents the act, and you are directly opposing its delicate poise and function and too, you are opposing the Law of Motion. *Left Side in the Morning*, every day.

Use a twenty-penny nail here, drive clear thro and clinch it.

IS N'T THIS TRUE, DOCTOR?

We sustain our bodies mainly by the alcohols made from our breadstuffs thro the wondrous action of the mouth and stomach juices and by the equally wondrous work of the liver and pancreas.

These organs get "sick" too, sometimes, or get tired and can not work. The good doctor will substitute for the disabled organs and body the hand-made alcohol in shape of brandy, whiskey, wine.

Tack this one on the dome.

Don't think that you will never need a doctor because you *may*, but—A doctor's advice will be enhanced in value 1000% by your following *The Plan o' the House o' Man, Sir*.

P.S.—"Lissen," Pills and cathartics will not act *properly* unless you turn to your *left* side each morning, *sick* or *well*. Is that Plain?

Nail this well and strong.

*Begin Today:—Count your Calories. Drink Water.
Sleep—All properly.*

GET THE HABIT—THANKS.



STANDARD WEIGHTS AND HEIGHTS

MEN					WOMEN				
Height	Age 20	Age 30	Age 40	Age 55	Height	Age 20	Age 30	Age 40	Age 55
5—0	114	121	125	128	4—9	100	105	110	118
5—1	117	124	129	132	4—10	103	108	113	121
5—2	121	128	133	136	4—11	106	111	117	125
5—3	124	132	137	140	5—0	109	115	120	128
5—4	128	136	141	145	5—1	112	118	124	132
5—5	132	140	145	149	5—2	116	122	128	136
5—6	136	144	149	153	5—3	119	126	132	140
5—7	140	148	154	158	5—4	123	129	136	145
5—8	144	153	158	163	5—5	126	133	140	149
5—9	149	157	163	167	5—6	130	137	144	153
5—10	153	162	168	172	5—7	134	141	148	158
5—11	158	167	173	177	5—8	138	146	153	163
6—0	162	172	178	183	5—9	143	150	157	167
6—1	167	177	183	188	5—10	147	154	162	172
6—2	172	182	189	194	5—11	151	159	167	177
6—3	177	188	195	200	6—0	156	164	172	183



The book is ended. The balance is borrowed.

Reader, measure and study the proportions as recorded above. If you be lacking in symmetry, or the desire for health and do not know what to do, turn back these pages and read again *The Plan o' the House o' Man, Sir*.



CALORIES

I have taken the liberty of abridging this Table of Food Values purloined from *Diet And Health* by Dr. Lulu Hunt Peters (Los Angeles) published by Reilly & Lee Co., Chicago.

¶ I do not discuss diet in *The Plan o' the House o' Man, Sir*. Dr. Hunt does that better than any one else can. She does not "abridge." All about diet for the FAT and the LEAN is there in her book. The book teaches; it is highly entertaining; there's a smile or more on each page; it is humorous. I don't know what the little book costs—but it's worth it.—THE AUTHOR.

"CALORIES" or Food Values

Calory, is the measure unit of food value; x would do just as well. FOODS are either, MEAT (proteins), FAT (hydro-carbons) or VEGETABLE (carbo-hydrates). Select your meals to fit your weight and your occupation.

"In Round Numbers For The Day"—*Hunt*

Child—Per day	CALORIES
2-6 years	1000-1600
6-12	1600-2500
12-18	2500-3000
Man—Per day	
At rest	1800-2000
Sedentary	2200-2800
Working	3500-4000
Woman—Per day	
At rest	1600-1800
Sedentary (bookkeeper, etc.)	2000-2200
Standing, walking, labor, housekeeping	2200-2500
Requiring strength, laundering, etc.	2500-3000

(adapted from *Rose*)

FOODS AND THEIR CALORIC VALUES

Say you want

2500 calories per day, you should figure on *Meats* 10%,
Fats 25% and *Vegetable* foods 65%.

<i>Average Helpings of MEAT</i>	CALORIES
Chicken roast, lean beefsteak	185
Tenderloin beef, boiled ham, turkey	250
Frankfurters, lobster, oysters, clams	100
Lamb, mutton, pork chops, and fish if fat be eaten	150-300
Bacon, crisp	25
Fried Ham, 3 oz.	400
Sausage small	60

Average Helpings of DAIRY PRODUCTS and EGGS

Beef roast, very lean	150
Fish lean	135
Butter	120
Cheeses, whipped cream, sweet'd condensed milk	100
Whole milk	160
Skimmed milk, buttermilk, one large egg	80
Cream, one tablespoon	50

Average Helpings of VEGETABLE FOODS

Asparagus, beets, carrots	30
Beans, home baked	300
Beans, canned, Lima	145
Beans, string, celery, radishes	15
Cabbage, cucumber, lettuce	10
Corn, canned, green peas, potatoes, potato chips	100
Corn on ear, 1 large	100
Parsnips, spinach, squash, turnips	25
Sweet potato 1½ oz.	200
Tomato 1 large	50

Average Helpings of FRUITS (Vegetable)

CALORIES

Apple 1 large, peach, orange	50
Banana 1 large, berries sm. cup, cantaloupe $\frac{1}{2}$, cherries sm. cup, grapes sm. bunch, pine- apple, fresh, 2 slices 1 inch thick	100
Lemon, av. size, plum 1 large, prune 1 large dry	30
Pear, av. size	90
Watermelon, large slice	15
Dates, 1 large dry	25
Figs, 1 large dry	65
Prunes 4 stewed and juice eaten	200

Average Helpings of BREADS (Vegetable)

Brown, 1 slice, corn bread, $1\frac{1}{2}$ oz. Victory Bread	100
Vienna roll 1	100
Zweibach 1 slice, Graham crackers 1	35
Oyster crackers 24	100
Soda cracker 1, pretzel 1	25

Average Helpings of BREAKFAST FOODS, etc. (Vegetable)

CALORIES

Farina, cream of wheat, force, puffed rice	60
Grapenuts, oatmeal, boiled rice	100
Griddle cakes (without syrup and butter) 3 macaroni and cheese, waffles 1	225-300
Muffin, av. size 1	125

CANDY, PASTRIES, and SWEETS, (Fats and Vegetable)

CALORIES

Chocolate cream 1 medium, cocoanut caramel	100
Candied cherries 10, chocolate nut caramel, other candies, reckon the sugar and nuts 1 piece	100
Cookies, lady fingers, macaroons	35-50

CANDY, PASTRIES, etc. (*continued*)

CALORIES

Doughnut 1 160

Gingersnap 1 20

Pie av. help. $\frac{1}{6}$ pie with crust, pie without, puddings av. help., ice cream, cakes 200-250-300
 (depends on size, icing, fruits, nuts, etc.)

and SAUCES

Average Helpings of **CONDIMENTS (Fats, vegetable, etc.)**

CALORIES

Mayonnaise 200

Olive oil and other oils 1 des. spoonful 100

Olives, 1 olive, tomato catsup 10-15

Thick gravies 2 tablespoonfuls 100

NUTS (Vegetable, Fats)

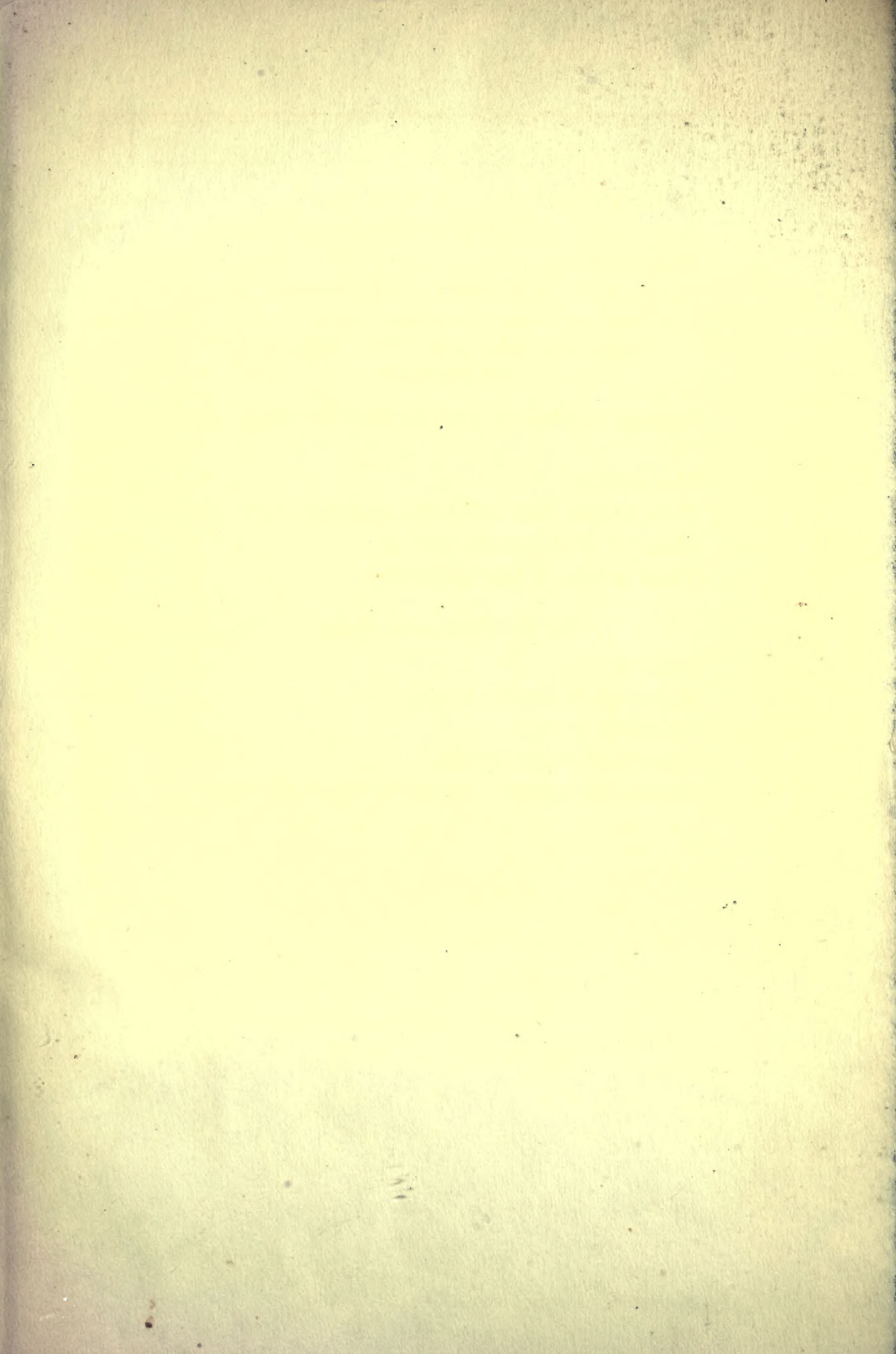
Almonds 1 10

Brazil nut 1, walnut 1, each 30-45

Chestnuts 1 sm. 5

Peanuts 10 large double 100

Cocoanut, prepared $\frac{1}{2}$ oz. peanut butter $2\frac{1}{2}$ teasp. 100





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My.
M.

Author Mitnor, James Cabell

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